



City of San Marcos

630 E. Hopkins
San Marcos, Texas 78666

NEWS

September 14, 2010
For Immediate Release

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Total Wellness Invites Participants for Fitness Classes

San Marcos area residents are invited to join Total Wellness-San Marcos at the San Marcos Activity Center for the fall program of fitness classes.

Total Wellness-San Marcos offers a variety of programs and services designed to meet the health, weight loss, fitness, and/or athletic goals of children, teenagers, and adults/seniors of varying fitness levels and abilities.

The new Group Fitness Program and Fit-Kids Club have started and welcome new enrollees. Cost range from \$3 to \$5 per class and from \$50 to \$100 for a 15-week session. Those who join later may receive pro-rated fees.

Fees for Total Wellness-San Marcos Programs

	Per Class	Per 15-week Session*
All Group Fitness Classes	\$5	\$100
Water Aerobics Only	\$5	\$85
Super Seniors, 70+ Years Young	\$3	\$70
Fit-Kid's Club	\$3	\$50

*Prorated rates are available for those interested in joining at a later time.

All Total Wellness-San Marcos programs are held at the San Marcos Activity Center. Participants may register at the front desk.

For more information, contact either Lane Supak, Aquatic Supervisor, at 512-393-8287, lsupak@sanmarcostx.gov or Carolyn Clay (Director of Total Wellness, 512-245-1972, CarolynClay@txstate.edu).

Total Wellness-San Marcos Group Fitness Classes: September 7 – December 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 to 7:15 AM		Morning Mix-Up		Morning Mix-Up		
9:00 to 9:45 AM	H ₂ O ⁺	H ₂ O ⁺ & Cardio ⁺	H ₂ O ⁺	H ₂ O ⁺ & Cardio ⁺	H ₂ O ⁺	
9:45 to 9:55 AM		HARDCore		HARDCore		
10:00 to 10:45 AM		SeniorFIT		SeniorFIT		1-Hour Boot Camp (10:15-11:15 AM)
12:15 to 12:45 PM	Cyclone Express		Cardio ⁺ Express		Cardio ⁺ Express	
12:45 to 12:55 PM	HARDCore		HARDCore		HARDCore	
5:30 to 6:15 PM	Cyclone & Cardio ⁺	Aqua Pump & Zumba®	Cyclone & Cardio ⁺	Aqua Pump & Zumba®	Wildcard	
6:15 to 6:25 PM	HARDCore	HARDCore	HARDCore	HARDCore	HARDCore	
6:30 to 7:15 PM	Yoga ⁺	Boot Camp	Yoga ⁺	Boot Camp		

Note. Based on demand, classes may be added or removed at any time during the 15-week program.

Fit-Kids Club

Monday thru Thursday 8:45 to 10:15 AM and 5:15 to 7:30 PM

Friday 8:45 to 10:15 AM and 5:15 to 6:30 PM

Saturday 10:00 to 11:30 AM

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